

Counting Your Steps*

STEPS/ MINUTE	TYPE OF ACTIVITY	STEPS/ MINUTE	TYPE OF ACTIVITY
31	Horseback riding, walking leisurely	140	Aerobic dancing (strenuously)
42	Weightlifting (arms only)	142	Handball, recreational
49	Swimming, treading water	144	Soccer, recreational
49	Canoeing, leisurely	147	Rowing at 35 m.p.h.
51	Cycling at 5.5 m.p.h.	151	Orienteering (Running using map & compass)
51	Mopping floors	153	Mountain climbing
64	Weightlifting (abdominals)	156	Swimming a crawl stroke at 2 m.p.h.
69	Weightlifting (shoulders)	158	Dancing, choreographed
73	Gardening, weeding (seated, kneeling)	160	Cycling, racing competitively
78	Painting outside (houses,fences,etc..)	162	Ice skating competitively
80	Weightlifting (back only)	164	Skiing, cross-country moderately
84	Ice skating leisurely	167	Skipping rope, 120-170 turns/min
89	Swimming breast stroke at 1 m.p.h.	173	Roller skating, competitively
89	Stacking firewood	176	Carrying logs
90	Stairclimbing at 26 stairs a minute	178	Swimming a breast stroke at 2 m.p.h.
91	Swimming a crawl stroke at 1 m.p.h.	180	Stairclimbing at 52 stairs a minute
93	Cycling at 10 m.p.h.	184	Running a 9 minute mile
93	Dancing socially (rock,disco, etc...)	187	Judo, vigorous competing
96	Hoeing in a garden	196	Swimming a backstroke at 2 m.p.h.
98	Badminton, playing competitively	198	Raquetball, playing competitively
100	Walking at a normal pace	200	Running an 8 minute mile
100	Canoeing, moderate rate	213	Boxing, in a ring competitively
102	Horseback riding, trotting	218	Soccer, playing competitively
102	Tennis, competitive doubles	220	Football, playing competitively
104	Water skiing	222	Running a 7 minute mile
109	Skiing downhill, slowly	224	Stairclimbing at 65 stairs a minute
111	Swimming a backstroke at 1 m.p.h.	227	Swimming a side stroke at 2 m.p.h.
113	Sawing wood with hand saw	244	Skiing downhill rapidly
114	Skiing, cross country slowly	247	Running a 6 minute mile
118	Aerobic dancing, low impact	256	Skiing cross country rapidly
129	Basketball playing, recreationally	267	Stairclimbing at 78 stairs a minute
131	Boxing, non-competitive	278	Shoveling heavy snow
133	Stairclimbing at 39 stairs a minute	289	Rowing at 12 m.p.h.
136	Skiing uphill slowly	300	Chopping wood rapidly
138	Racquetball playing recreationally	309	Stairclimbing at 91 stairs a minute

*Provided by the Madison Health Department